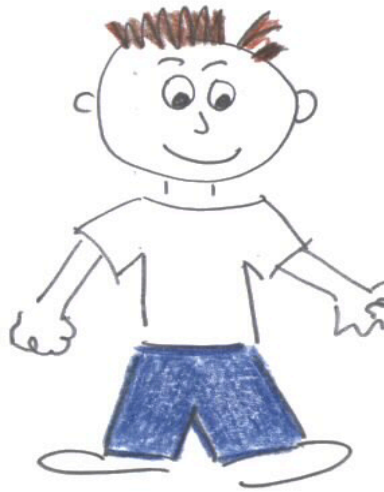


# Congruent



“I consider myself, others and the context.”

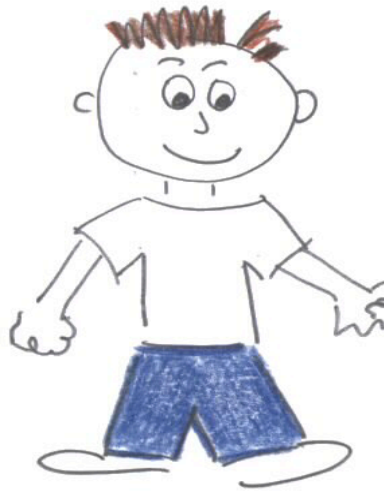
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- Mean what we say and think
- Appear on the outside as we feel on the inside
- Able to trust ourselves and others
- Flexible and open to change and new ideas
- Believe in having choices
- High self-esteem

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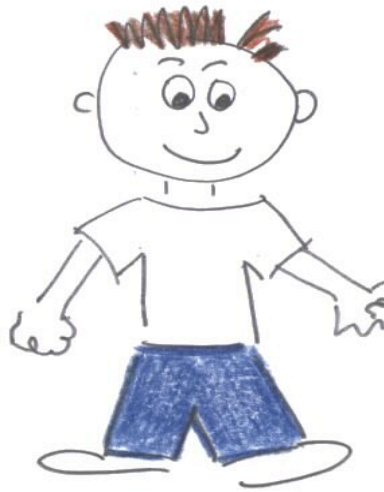
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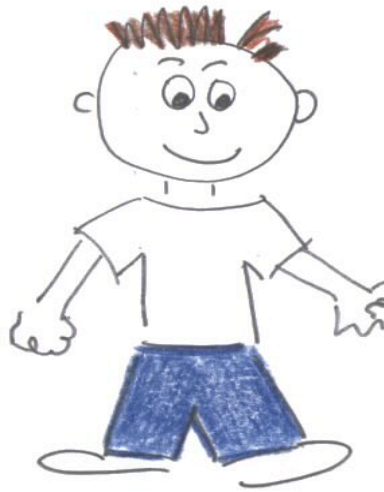
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